

SPIRIT FITNESS CLASS TIMETABLE

KEY	LOW INTENSITY	HOLISTIC	HIGH INTENSITY	WATER BASED
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUA 12:15 – 13:00 CARON	REHAB AQUA 13:30 – 14:15 HAYLEY	BOXERCISE 18.15-19.00 JOSHUA	REHAB AQUA 12:00 – 12:45 HAYLEY	AQUA 12:15 – 13:00 CARON
AQUA 13:00 – 13:45 CARON			YOGA 19:30 – 20:15 JACKIE	AQUA 13:00-13:45 CARON
LBT 18:15-19:00 DARYL				
PILATES 19:00 – 20:00 DARYL				

Please book and pay for classes at Spirit Health Club reception

01442 232296

Booking Policy:

Members – 7 days in advance.

Guests 6 days in advance.

£10 – Rehab Aqua

£5 – All other class